

Penn Valley Athletic Club

The latest PVAC news, views, and announcements

Open for Business!

PVAC will open at 12 noon on Saturday, May 29 and will be open for regular operating hours through Labor Day, September 6! We are excited to see you at the pool!

Diving Lessons

We will offer diving lessons this summer! Dalayne Waterbec, 3-time WPIAL qualifier and BHS Diving 200 Club member, will be giving instruction to aspiring divers on Friday mornings. Private and group lessons available at regular swim lesson pricing. Register at the front desk.

PVAC Swim Team

A winning tradition, PVAC swim team is making it's return! Interested? Visit www.pennvalleyac.com/swim-team

Practice begins Monday, June 7. Contact Trisha Murray with questions 724-290-7063.

Group Exercise Classes

Classes are open to members and non-members with a punch card system. The punch card you will receive is good for any 11 classes during the season. Members \$40 Non-Members \$50. Drop in cost is \$5/class. First class is **FREE!** June schedule at www.pennvalleyac.com/group-exercise

Moonlight Swims

Returning on Friday evenings will be our moonlight swims! For the safety of our Members and Guests, we will not be permitting recreational floats this season. Don't worry, there is still so much fun to have during a Moonlight Swim! Look for snack bar specials and themes throughout the summer!

First moonlight swim will be **Friday June 4!** Pool closes at 9:30 p.m.



Swim Lessons Are Back!

Our qualified instructors are ready to help your swimmer reach their goal! We have several instructors with many years of swim experience and expertise in specific stroke development. Sign up at the front desk! Group lessons limited to 6 participants.

We are offering three levels for lessons:

Beginner - Swimmers getting comfortable in the large pool with heads above water.

Intermediate – Swimmers progressing into swimming with heads underwater.

Development – Swimmers ready to begin stroke development.

Lessons are open to PVAC members and non-members alike!

Members:

\$45 for 4 - 30 minute group lessons
\$65 for private lessons

Non-Members:

\$65 for 4 - 30 minute group lessons
\$65 for private lessons

NOT A MEMBER YET?

What are you waiting for? Sign up today!
<http://www.pennvalleyac.com/membership>